

Delungra Public School Newsletter



Term 4 Week 7
20th November
2023

Welcome to Week 7

Kindergarten Transition

This Wednesday, our Kindergarten Transition will be for an extended period. Please see page 3 for more information.

Remember, if you have a child or know of a child starting kindergarten next year, and they are wanting to join us here at DPS, we would love to hear from you.

Students in other years are also welcome to come and have a look at our school and meet the staff and other students, if there is a desire to attend our wonderful little school.

School Leaders' Speeches

This is open to next year's Years 5 and 6 students.

Guests are invited to join us for this assembly.

Merlene Konz - Author

We are lucky enough to have a visit from a published author, Merlene Konz.

Merlene has written a book about a koala called "Kassie The Baby Koala & The Bush Telegraph". Merlene will visit our school next Thursday at 2:15 pm, where she will read her book to students, staff and visitors.

Books will be on sale, with Merlene generously donating money from sales towards our Koala Rescue Project.

Merlene is a former teacher at Ross Hill Public School, who now lives in Queensland, so we are lucky enough to have her visit our school.

DATES TO REMEMBER

Kindergarten Transition
Wednesday -
25th October, 8th November,
22nd November and 29th
November

School Leaders' Speeches
28th November

Merlene Konz - Author Visit
30th November

Presentation Day
8th December

Swimming School
11th - 13th December

Library Day
Friday

Sports Day
Friday

Last Day of Term 4 for
students
15th December

OUR AWARD WINNERS

Effective Learner Award

Ryan Martin

For consistently trying his best
in all KLAs.



Super Sports Award

Louise Savage

For always trying her best in
sport.



Parent Survey

Over the next couple of
weeks, we will be
contacting some parents
to take part in our yearly
survey.

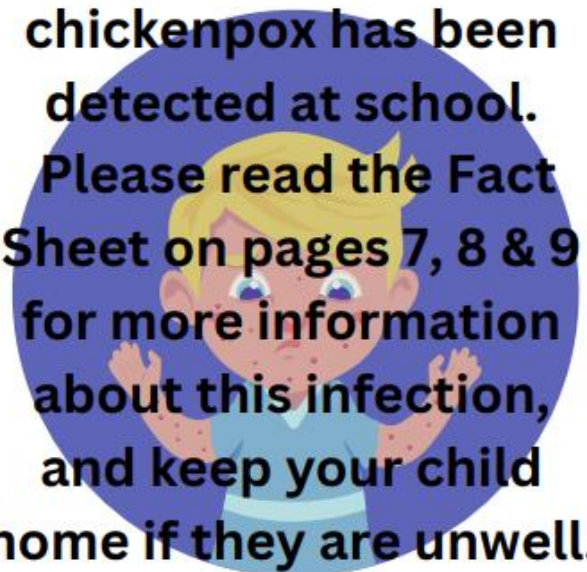
This survey gives us
valuable feedback about
DPS.

Thank you to those who
are contacted and
participate.

Chickenpox

Be aware that a case of
chickenpox has been
detected at school.

Please read the Fact
Sheet on pages 7, 8 & 9
for more information
about this infection,
and keep your child
home if they are unwell.



Kindergarten Transition

Mrs Dawson will continue her Tuesday visits to the preschool until the end of this term.

Our in-school transition for 2024 kindergarten is as follows:

Wednesday, 25th October 2023

9:00 am to 11:30 am

Bring a hat, water bottle and fruit



Wednesday, 8th November 2023

9:00 am to 11:30 am

Bring a hat, water bottle and fruit

Wednesday, 22nd November 2023

9:00 am to 12:15 pm

Bring a hat, water bottle, fruit and lunch

Wednesday, 29th November 2023

9:00 am to 2:00 pm

Bring a hat, water bottle, fruit, lunch and recess

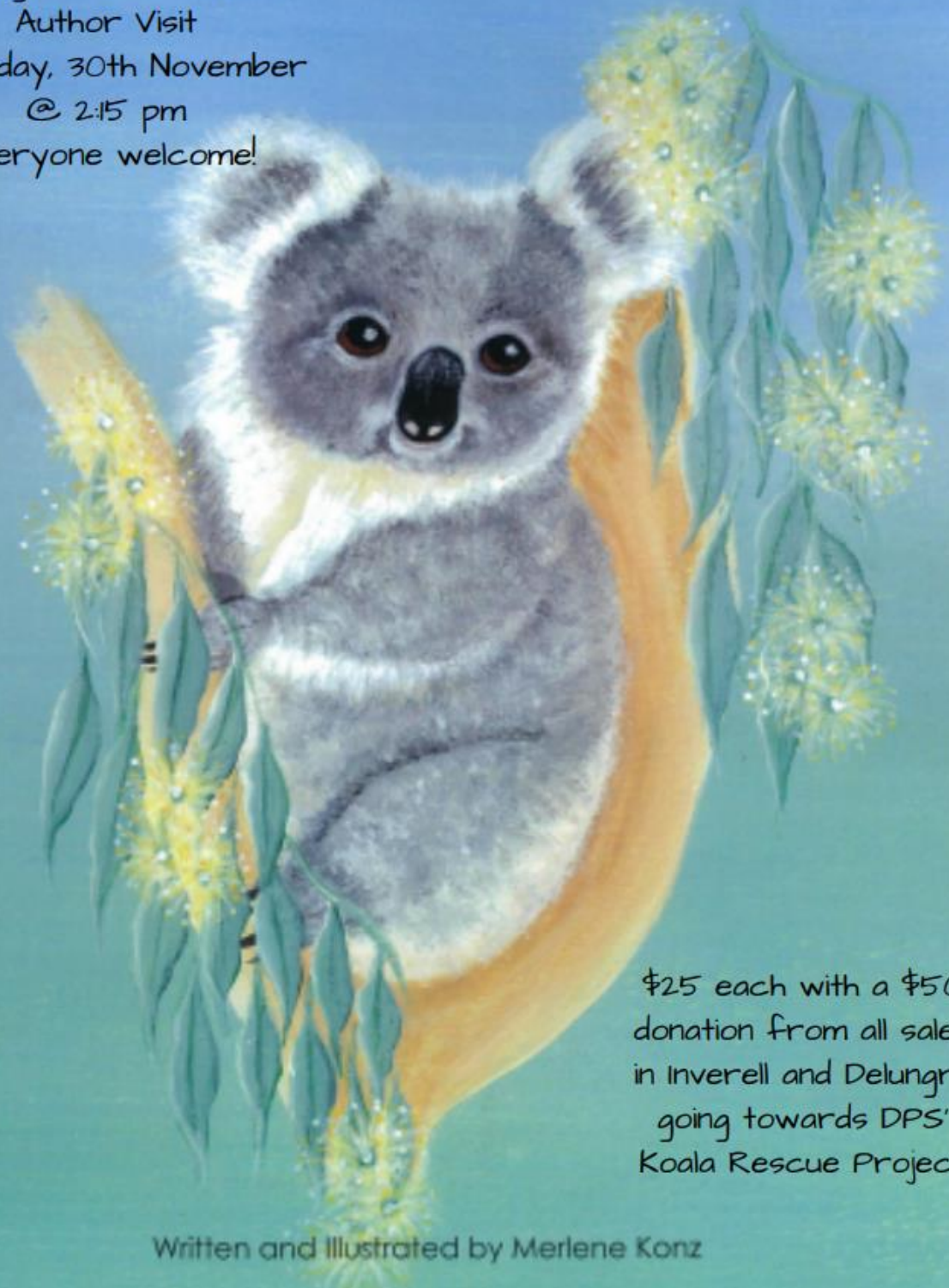
If you are considering Delungra Public School for your child, whether it be for kindergarten or otherwise, contact our office for more information.

Students must be fully enrolled to participate in the Kindergarten Transition Program.

We look forward to seeing you!

Kassie The Baby Koala & The Bush Telegraph

Delungra Public School
Author Visit
Thursday, 30th November
@ 2:15 pm
Everyone welcome!



\$25 each with a \$50
donation from all sales
in Inverell and Delungra
going towards DPS'
Koala Rescue Project

Written and Illustrated by Merlene Konz

Koala Visitors



PRINCESS' BABY



Koala Visitors



ABOVE: NAP TIME!

**RIGHT: MOTHER AND
BABY SLEEPING**



Chickenpox and Shingles

Chickenpox is a common viral infection that can reappear later in life as Shingles. Chickenpox vaccination is recommended for all infants at 18 months of age. Shingles vaccination is recommended for all adults at 70 years of age.

Last updated: 15 November 2022

What is Chickenpox?

Chickenpox is a viral illness caused by Herpes zoster virus (also known as Varicella-Zoster virus). In children it usually causes a relatively mild illness but it may reappear later in life as Shingles. Chickenpox in adults and immunosuppressed people can be severe. Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby. Before routine childhood vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.

Symptoms usually occur two weeks after exposure to the virus.

Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

Early in the illness, the virus is spread by coughing. Later in the illness, the virus is spread by direct contact with the fluid in the blisters.

The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.

People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs).

Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.

People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

Varicella infection can be prevented by vaccination.

All children (<14 years) in Australia are recommended to receive two doses of varicella vaccine, with the first dose given at 18 months of age. This first dose of varicella vaccine is funded under the

National Immunisation Program and is given as part of a combination vaccine called MMRV, which contains the second dose of the measles, mumps, and rubella vaccine. Varicella vaccines can be used from 12 months of age, and this may be appropriate in the setting of travel or a varicella outbreak; however the MMRV vaccine should not be used as the first dose for measles, mumps, and rubella. For information on vaccine recommendations, dosage, and administration see the [Australian Immunisation Handbook \(online Edition\)](#)

Varicella vaccination is also recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.

People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.

People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.

Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.

Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood samples.

What is Shingles?

Shingles (also called Zoster) is caused by the reactivation in the body of the same virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.

The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.

Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.

The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.

Shingles develops more commonly in people who are immunosuppressed.

How is Shingles prevented?

A single dose of zoster vaccine is recommended and funded for adults at 70 years of age. Adults 71-79 years of age are eligible for free vaccine under a catch up program until 31 October 2021.

People aged 60-69 years are also recommended to have a single dose of zoster vaccine but this is not funded. The exact duration of vaccine efficacy is not known but protection does wane over time. The need for revaccination is not yet determined.

Adults aged 50-59 years are not routinely recommended to receive zoster vaccine, but they can receive it if they want to protect themselves against Shingles.

How are Shingles and Chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not a notifiable condition in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

Varicella vaccine protects against chickenpox, even if given up to five days after exposure.

Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective.

People at high risk of complications following exposure include: pregnant women who have not had chickenpox and who have not been immunised; newborn babies, and; some people with

immunosuppression due to illness or treatments.

Further information

For further information please call your local public health unit on **1300 066 055** or visit the NSW Health website at www.health.nsw.gov.au

Good for kids

good for life



Keep lunchboxes cool

Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



Source: Tips To Keep Food Safe (www.swapit.net.au)



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

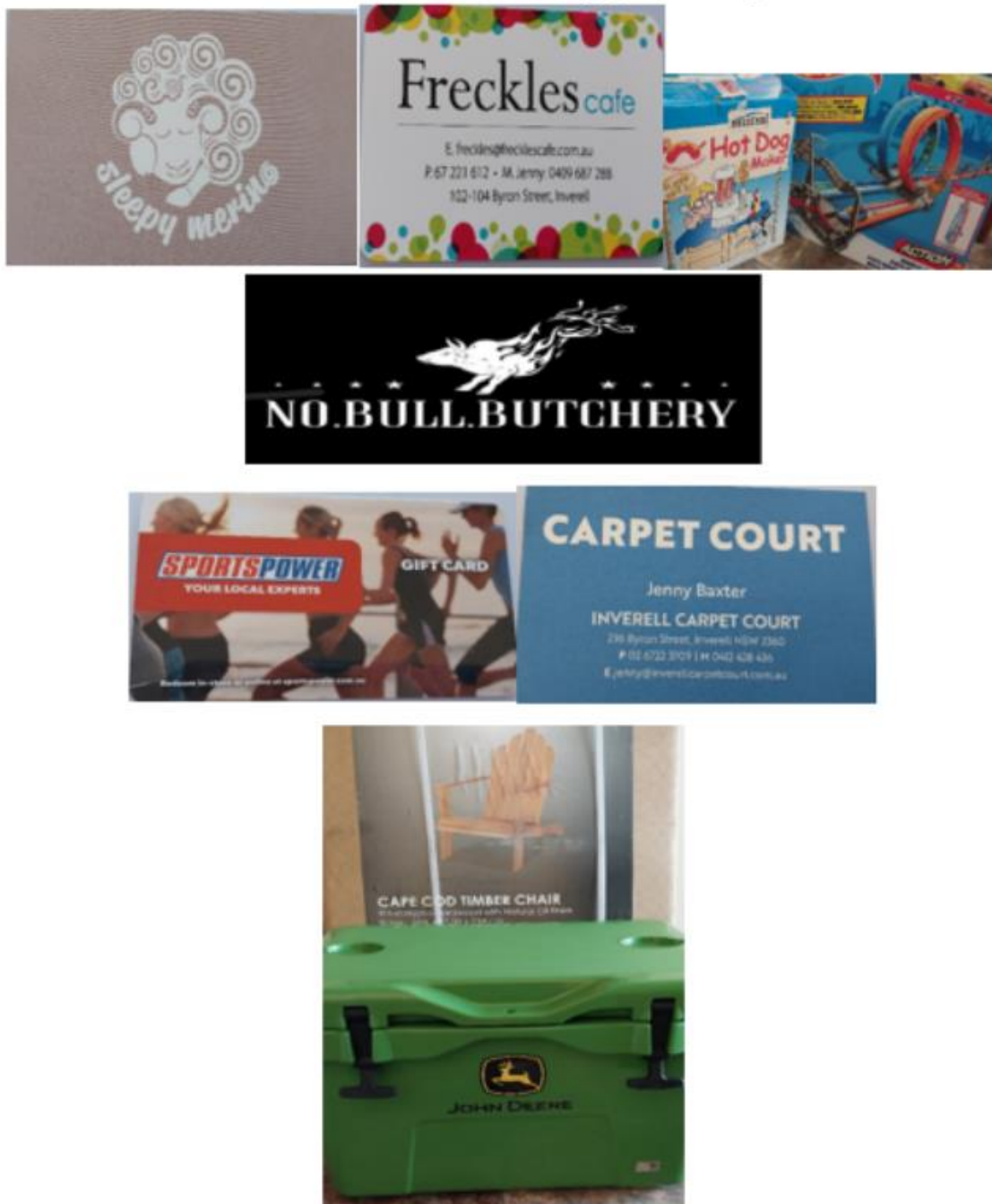
Delungra Public School Christmas Raffle 2023

\$2 a ticket

Drawn on 8th December

Support our small school to achieve great things.

Prize donations supplied by:



Tickets available from Delungra Public School, Delungra Hotel Café/Post Office, Delungra Bowling Club, P and C admin (Stacey Savage and Suzanne Davidson)



DELUNGRA CWA

2023 COMMUNITY CHRISTMAS TREE

16th December

@ Delungra Multipurpose Hall - Railway Street



6pm start
SANTA arriving 7pm



LIVE ENTERTAINMENT

BBQ - SOFTDRINKS - GAMES OF CHANCE
(raffles) - 100 CLUB - HAM RAFFLE

GIFTS FOR CHILDREN from SANTA - \$10/child

To add your child/children (12 years and under) to the **NICE** list to receive a gift from **SANTA** please call/email/message the **DELUNGRA ELVES** with name & age of child/children

Registrations close Thursday 30th November

HEAD CHRISTMAS ELF
ELLA SHEPHARD

0488170524/

delungracwa@gmail.com



CWA of NSW - Delungra Branch

B.Y.O